

stigma-part-03

00:00:00 speaker_01: OK. Now on to, to specific behaviors that are directed to me in the mountains. Um So one is that people would treat me like I have a disease. OK? What would be a behavior that, that, that, that I would get, that they would, um It's like they don't want to be around me. Uh You know, like they're gonna catch something and what they're gonna catch in their minds is the way it seemed to me is they don't want to be seen with me. Um So, um and this is all after I go to the hospital, you know, by the way, and then these rumors started to go around.

00:00:36 speaker_01: Um But ii I might meet somebody in one setting and they're really impressed with me. Um And you know, they like me and then, of course, again, you remember, I live in a small mountain town and so this, this, this stuff spreads very, very easily. Uh You know, that, that, um you know, if I'm, if I'm talking to somebody somewhere, um you know, somebody's gonna see us or, uh you know, the next time that person talks to somebody else, they're gonna mention me or there's a, there's a almost pretty much a certainty that in a short time that somebody's going to tell them this stuff about me that, that goes around about my mental health history and of course, having a mental, I mean, having a mental illness is a stigma on, on its own.

00:01:18 speaker_01: Um, but I do believe that, um, that there were exaggerated things said about me. As a matter of fact, I'm, I'm pretty much certain that there were, um, that, um regarding my stay at the hospital, um and stuff. Um, but II I would see them out subsequently. So it's like they like me that they are a great person and it's like they want to dodge me. It's, it's, it's like they have this anxiety that I'm going to, um uh you know, because I'm familiar with them.

00:01:44 speaker_01: It's like I got a sense like the theyre worried, they gotta, they gotta dodge and avoid me. Uh uh uh you know, because it's going to be for them after what they've heard about me that I'm such a, such a person, uh you know, with this mental health history and that I'm so, you know, in their minds, it's like I'm, I, I'm, again, I got a disease. It's like they gotta steer clear from me. Um And so people might, you know, people that were friendly with me before, like I go say hi to them or something.

00:02:10 speaker_01: Um And they'll be, be dead quiet, um, or just barely acknowledge me. It, it, it, it's, it's like they're trying to run me off. Um, and, um, you know, it's another thing I would, I would be disaow, um, would be, um, another, um, uh, you know, thing, uh, where, um, you know, um, I, I say hi to somebody or I say have a good night or something like that.

00:02:37 speaker_01: Um, and they don't respond to me at all. Um, and, um, and I, you know, there would be a, plenty of instances, um, you know, this would happen where it's like I'm not extended basic courtesies. And so, you know, I go to this pool hall and we have tournaments, um, and there was, um, and of course this stuff about me because all around this pool hall that I, that I go to, you know, this, um, it's probably because the guy that owned it would, would deliberately, I'm trying to spread this filth.

00:03:03 speaker_01: Um, but of course, the other thing is, you know, people running out of there, uh, you know, it's impossible to run away from this stuff. Um, in, in a small town like I lived in, uh, you know, it's, it's gonna follow you everywhere you go if you, if you stay within that rough area. Um, but, um, I would have, um, tournaments you matches with people and, you know, the normal thing that you do, um, after a tournament match, win or lose is you shake the person's hand, you say good game.

00:03:29 speaker_01: Ok. And so I'll go and reach out to shake somebody's hand a good game. Um, and they would just look at me, ok? And this would be whether they won or if they lost, ok, that they would, they would just not respond. Um, and, um, and, and, and they can have an effect on you too. People see you being treated like this because I started over time. It's like I'm treated like this by so many people. Um, so consistently that, that, that it's like, um, you know, like I almost have no recourse.

00:03:55 speaker_01: 000, ok. And then, so people again, these behaviors are subtle but people notice them like you're being disrespected and, you know, and, you know, it's like, I don't do anything about it and then that can cause them to have that much more of a, of a lower opinion of me. Um, that people would not respect my boundaries. Um, um, um, um, they, they would ask me questions about my life and they would ask me questions about all sorts of things that were, um, you know, very, very, very, um, intrusive, uh, and inappropriate.

00:04:29 speaker_01: Um, it's, it's like my weight in the room wherever I went. What was zero. Ok. That the, that normally, you know, like when somebody's in a room with you, like that person's got some substance. Ok, you, you walk on eggshells just a little bit in terms of not offending them are not being inappropriate. Um, uh, you know, not being nosy, um, stuff like that and none of that existed for me. It's like nobody cares if they're gonna offend me.

00:04:58 speaker_01: Nobody, nobody respects my boundaries. Uh, you know, it's like I, in general, I think I was treated with a lack of respect and I was treated very, very rude. Um, and going back to this thing where I've got a disease. Um, you know, um, the, the big thing that killed me about all of this was, um, um, uh, when I would talk to girls that would meet out wherever I'm, I, I meet them and, um, and what would happen is every single time somebody comes and tells them this bullshit after I've talked to them.

00:05:30 speaker_01: And so I'll see some girl one day and she's like blatantly I'm interested in me. Um, you know, I proactively giving me her phone number. Actually, I've had had girl that are very, very attractive. I tell, tell me to give them my cell phone and they put their name and number in there. Um, for me. Um, and then the next day it's, it's like they, they see me and it's the same reaction where was like, they, they're ashamed to have talked to me but, and part of it is is they're conscious of the fact that they've been all giddy and acting like they're attracted to me.

00:06:03 speaker_01: And now I've taken on this, this, this lower, um, this lower I've got their opinion of me and has lower in their minds. And so, um, um, you know, and now it's like I'm somebody that, it's a shame to be associated with. It is, is kind of the character of the thing. It's like, it's a shame to be associated with, with me. Um, it, it's, it's a shamed, a shame to, to have been giddy with me and to have liked me.

00:06:31 speaker_01: Um, and so, um, the, these girls, you know, they, they would act embarrassed this the second or third time that I saw them or however long it took for this bullshit to get circulated. It's like that they would act, I embarrassed and they would, um, um, you know, get these, get these, like, um, sometimes, like I walk away, I'll hear them sigh. Uh, you know, like they're glad to be rid of me. Like, it was a terrible experience and I would see them get looks on their faces and, you know, they would start talking to me in, in, in, in like a very condescending tone.

00:07:03 speaker_01: Like, hey, uh, how do I, how do I say this? It's like, um, um, like they're talking to me like I'm a baby or, or, or, or something. Ok. It's like a demeaning, uh, condescending, um, tone. Um, um, you know, you know, like I'm less competent than, um, you know, less competent than someone. Um, then um um there was a thing where people would discount my, my um abi abilities in my talents, they would discount my achievements.

00:07:42 speaker_01: Uh They would um you know, it's like if I do good in something. Uh you know, so for instance, when I, when I, when I played pool, this pool hall, I if, if, if I want a match against a good player, you know, one of the players was considered to be good, there would be a big deal about. People make a big deal about how lucky that I got. And I'm lucky. Um, and, uh, you know, you have a guy that owns the pool hall, you know, like I'd have a, I had a match one time with, there was this girl that came in the pool hall that was really, really, really good as far as girls go, you know, she was as good as some of the, some of the better, you know, some of the, some of the, almost the best guys, um, in this pool hall.

00:08:21 speaker_01: And, um, you know, she, she made a big scene when she comes in there to play pool because everybody's watching her that normally comes to this pool hall and here she's a girl and look how good she is and we have a tournament and, um, I, I am, I beat her. Um, and actually that specific instance was, seems like that this was before or no, maybe it was after I got to the hospital, maybe it was before. Um But this is an example of the kind of thing that would happen with this effort before.

00:08:51 speaker_01: And of course, he's got the pool, he starts this early where he wants to discount my achievements because, you know, he feels threatened by me. Um But um he I play here on table eight and I win the match. It's a race of three who wins three games. I, I play the match I win and um I come up with a subsequent match. Um and it's like me and me and the person got to pick the table and table lights open and table six is open. I say let's go to table six and the owner steps up, you want to go to table eight, that's your lucky table.

00:09:18 speaker_01: Ok. It's this constant um count of my, achieve, not, not a my um talents. Um Or I'm alternatively, I'm acting like it's a big surprise that I have any ability at all to do anything. And so I have people say, you know, we're actually a, a pretty smart guy. Ok. Uh which, which um you know, the whole time I'm growing up in the mountains. It's like everybody calls me a genius. OK. That, that's, you know, that's how I, how I was known.

00:09:45 speaker_01: And so, um you know what people say? Well, I've heard you're actually a pretty smart guy. Ok. So, so the qualifier actually, OK, begs the question. What's a surprise here? Ok. It's like, I, like, they're expressing surprise that you're this pathetic person, but you're actually, you know, you're actually a pretty smart guy. Ok. Well, when I'm, I'm, I'm quite a bit above a pretty smart, um, in the eyes of, of, well, everybody that's ever known me in detail, I would tell you that I'm, that I'm more of them pretty smart and so pretty smart is like an underhanded compliments.

00:10:17 speaker_01: Um, that is, that is kind of a dismissive and disn, um, um, in the first place. Um, and, um, you know, I, I would be treated with, people would just, like I said, I would say, say hi to them, say, say have a good night. See, you see you next time, nice meeting you, you know, stuff like this and they would just be quite, you say nothing, um, or they would just walk away.

00:10:40 speaker_01: Um, and you're not extending a courtesy. Um, um, I would, you know, I would be rejected. Um, you know, that, um, that, that people wouldn't, wouldn't want to do anything to do with me. Um, or, you know, that they would, they would, they would be like, I've seen people do this, they would extend some courtesy to me. That's like a token courtesy. Like they, they like, I'm playing pool somewhere and they want to play a game of pool and so they play a couple of games of pool.

00:11:07 speaker_01: Um, and um, you know, the, then, then, like, they, they walk away, um, and, and start running their mouth about me and saying this stuff about this guy, middle institution and blah, blah, blah. Uh, you know, when someone, like, for, for instance, if somebody, like, if I'm playing pool with somebody and, and I beat them, like, I, I beat them two games in a row. Um, you know, they'll, they'll start talking about their stuff about all he does is play pool.

00:11:31 speaker_01: Um, you know, he, he's been to a mental institution discrediting me and, um, um, um, taking shot at me. Um, in this thing of all he does is play pool while I played a lot of pool. There are a lot of people that were obsessed with pool, this pool. Um, but that's, again, you know, it's like I've got natural talents, I've got natural abilities. I've got bare minimum. I've got things that I'm good at. Um, and when I'm good at something, you know, we want to discount and just acknowledge, um, uh, you know, the, um, any, anything that's innately good about me.

00:12:02 speaker_01: Ok. And so another one I would get, by the way I would get, um, you know, somebody's taught him well. Ok. So, so it's not, it's not that I'm good at pool. Um, it's, it's, it's that I've got a really, really, really good teacher. Ok, that somebody is so good at teaching is so good at teaching that they can make somebody like me. I good at pool. Um, um, I, I would have also, I would have people, um, that had such a low opinion of me that they would almost be offended that I talk to them.

00:12:34 speaker_01: Um, um, I was very often I'll be dealt with them. Um, you know, dismissive looks, dismissive behavior, uh, you know, rudeness or dismissive gestures. Um, uh, you know, I mean, again, it's, it's all, most of this stuff is very, very subtle. Um But um, it was like, I, again, the overall theme is like, it's meant to, to, to, to, to convey to me that I don't matter that I'm less than this person and so forth.

00:13:07 speaker_01: Um And, um, you know, people, another quality that people would have is like, they've got positive impressions of me that they think well, of me in some ways, ok, by their own perceptions. And, but I'm also this disparaged a stigmatized person who is kind of a shame, you know, like, no, nobody wants to be seen as this person is equal and nobody, you know, um want to, um I don't know how to say it, but I have people who, where, where, where it's like, um they would alternatively be kind to me and respectful to me in, in some ways, a lot of times it would be like token kindness in a way.

00:13:45 speaker_01: It's like they, they're kind because that's what you're supposed to do is to give a respect. But there was an overall tone of the, of the communication, the overall tone of, of the interactions. I some playing pool with them or I'm talking to them at the counter at a bar, um, or, or, or something, there's an overall um feel of, of, of like um form and that it's like it's palpable in the interaction that I don't have as much weight and that would be palpable through their, their body language of the way they look at me, the tone of their voice and stuff like that, even, even, even as they're extending of what, you know, just, just based on the, the, you know, the spoken words, OK?

00:14:26 speaker_01: The, the, the text content of their words, you know, the words they speak uh would appear, you know, to be courteous. Um And um people would also, um uh they uh would, um uh there would be people who um would avoid me. Um uh you know, however they could or they were, they would tend to avoid me or tend to, um, you know, the they're, they're not, they're not friendly with me that they, they, they have no interest in me as a person, you know, uh uh you know, they're, they're ashamed, they don't want to be seen with me somewhere.

00:15:04 speaker_01: OK. So, so, so if I go somewhere and they're there and they've talked to me before, it's like, you know, they get this thing where they're worried about that. I'm going to talk to them because it's being embarrassing because I'm, you know, I'm such a embarrassing person again. Like I'm contagious and, you know, it's like it's gonna rub off on you that you're interacting with, with this pathetic person. Um, but, um, you know, it would be like if I have some utility to this person, if, if, if, if, if I can help them with something on their computer, if I can help them with their homework, if I can help them, um, you know, with whatever they need, maybe they need to borrow money.

00:15:36 speaker_01: Ok. Stuff like this. Um, that, um, um, um, um, I was made to feel, um, it was like, sort of like people were using me sort of but, but, but, but it was more so that, that I had no intrinsic worth as a person. I had no inherent worth as a person. And, um, you know, what I'm good for is what I can help people with. And then you, it's a lot of times it's like I'm a last resort.

00:16:04 speaker_01: Ok. So, so, so if nobody else is around, if nobody else knows how to do this, nobody else can help them. Uh, you know, then, then they'll, then they'll come, uh, you know, to, um, to me as a last resort. Um, and those people, um, you know, it was like, um, a lot of times as I recall they would have, um, it's like that they would have a conscience about them. They would have kind of AAA sense of that.

00:16:30 speaker_01: They don't want to just to dismiss me because I've done something for them. So, so they'll give me some money later on or give me some small favor. Um, you know, to do, do, do, do, do something to, to kind of make it even like they're conscious that they don't want to just deliberately use someone. Um um I would, uh what else do I have here? Um um um Another, another thing that would come up with some people, um is, is that my needs and, and, and, you know, the fact that I exist and that I have needs is like a source of frustration.

00:17:11 speaker_01: Um That, that again, I, I don't carry any weight. Ok? I, I'm a person who's not to be respected, uh who's to be disregarded, who has no weight, it's not to be considered. Um But, but yet I've, I, I've got needs, you know, like I've got stuff that I need, um, that, um you know, if it's like, for instance, you go to this pool hall and um, you know, I order food. Ok.

00:17:34 speaker_01: So it's like I order food, I'm a paying customer. It, it, it's on the shelf. I have to cook my food. Um, but um uh you know, so he can't, he can't disregard my request uh to, to, to, for, for me to make food you know, I go and place an order. Um, but he would do stuff like one time. He's like, why do you always make order? Right? When I was about to sit down or something like, like this, he says, and, and, and I said, well, no, go, go, go ahead.

00:18:00 speaker_01: I, I didn't realize that you were taking a break. He says, no, I'm gonna feed you right now. OK? To call me, feed me like I'm an animal or something, ok? This is absolutely demeaning and this is in a, in a, in a context, uh you know, who people are expected, you know, it's like the

customer is always right, you know, I'm the customer. Um, you know, um and I'm supposed to be deferred to a treated with respect.

00:18:21 speaker_01: You don't talk shit to the customers, particularly when they, when they tell you, sorry, I didn't know you, you were sitting down to take a break. Um, and, and I, I'll go ahead and tell you though that in that specific instance, there, there was an additional elements that I'm a regular at this pool while I'm there all the time. So he's more that the chef is more familiar with me. I'm more used to dealing with me than he is uh with them and most people that come in there.

00:18:47 speaker_01: Um And so, you know, this, this, this kind of familiarity can play into this somewhat, but it's still i blatantly disrespectful and that was not the only unb blatantly and disrespectful behavior that the chef would make it me, uh, would direct at me. And so he would ask me one time he asked me, do you even work stuff like this kind of like insulting stuff? Like what the hell you asked me? Do I even work? You know, because he was, um, he would see me at the pool hall.

00:19:11 speaker_01: Um, he's modern. Well, he's implying, you know, you, you ever do anything other than play that what he saying? Which I worked my whole life. I, you know, 50 60 70 80 90 100 hour weeks, usually in the 50 to 70 range. But I worked, I'm constantly, um, and this is just something you don't ask this to people. Ok. I mean, I imagine going to, to, to somewhere and, and one of the employees is blatant last year.

00:19:33 speaker_01: Do you even work? Ok. Um, at most that they might be curious and say, where do you work at? Where do you work if you've got some kind of, um, curiosity or some kind of concern or something? Uh, you know, even that is disrespectful, even to ask it, it's intrusive but they're not flat. I ask you. Ok, you work. Um, I would have people, um, you know, I would sit down like, like, like, um, Sam at work at the restaurant and, um, uh, you know, the, there, there, there's some people, um, you know, like, like a guy at the restaurant said there's, you know, some, some of the employees at the restaurant are at the table eating and maybe, like I remember one time I was an employee of the restaurant, I was out there eating actual couple of employees of the restaurant and then one of the employees', friends was out there.

00:20:22 speaker_01: Um, and I sit down there, I mean, started, um, to eat and, um, very soon somebody makes a comment about this. They say something like you think you're doing male bonding here. I don't think this is male bonding or something like that. The person says, and the guy um to the right of me who's the, the employees of friend. Um He says, um I, I don't even know why heat down here. Ok? It, it's, it's like I'm, I'm a nuisance, I'm in embarrassment, I've got a disease, I'm not to bother people.

00:20:54 speaker_01: Um You know, nobody wants to be around me, you know, nobody likes me, ok? That, that was the kind of attitude there. And I will say that there were people who treated me somewhat differently, there were people, uh you know, there was a range in terms of the respect that, that I was given. Um, but um it was overall, it was skewed heavily, um you know, um towards the, towards the low end, um, often in, into no respect whatsoever.

00:21:23 speaker_01: Um And, and again, it would, it would, when I was for you with respect. It would be most often a token respect, like, like they just doing it because that's the thing to do when it's palpable in their tone of voice. It's palpable in their body language. It's palpable in their demeanor, um,

that they're not acknowledging me as a full fledged human being as they're extending this courtesy saying thank you or giving me some kind of compliments, uh, you know, uh which, which when people give me compliments, uh you know, once they, once they've heard this stuff about me, they give me compliments, they will be like a veiled, a statement of, of, of my inferiority and these compliments at times.

00:22:03 speaker_01: Um, you know, that they would say, um, um iiii I can't think of a specific example but they would be, they would be like encouraging me, tell me what I can do. Ok, like you, you can, you know, you can do it, you're smart enough, you can do it or um, um, how do I say this? It's, it's, it's, it's, it's like the, they're encouraging me by saying that that something is clearly within my reach and I'm clearly I'm capable of doing like I, I could do that.

00:22:35 speaker_01: I might could or I don't know how to say that. Um, and um, ok, and a and also people didn't want me um working at that their establishments. A lot of people, uh you know, like I go to businesses and, and make an application. It was like that they would be nice to me when I making an application and every time I would follow up with them, you know, they'd make some excuse as if they were clearly trying to get rid of me. And what happens is as I put in an application and then after I leave, uh, you know, whoever's, whoever's managing the, the business, um, you know, um, um, here is all this stuff and now it's like they gotta get rid of me.

00:23:28 speaker_01: Um, so, like they try to exhaust my willpower with one thing after the other, but there's a delay or we might not hire this role or, um, uh, you know, I, I can't remember them all and eventually, you know, it got down to, um, they, they have one of the employees come and tell me at my other job, you know, that they're really sexist. They only want to hire girls for waitresses for, for white staff. Ok. Well, when they got other guys working for them, they're trying to get rid of me way that they can.

00:23:53 speaker_01: Um, and, um, um, um, and then, then another thing is, is, is, is that people have a reluctance to complying with anything that I ask for. 0000000, ok. So, um, just to give a trivial example, you'll have these, um, viral things that go around on the internet, uh, where it's like, um, you know, an answer this question, like you put a Facebook post and it's like answer this question and, uh, whoever answers it, you know, said somebody else puts it up and I answer it and it's some kind of trick question.

00:24:48 speaker_01: Um, and, and, and they, um, and they send me a message that, hey, you've been caught in a ringing, ok, your, your is to now repost this question over and over because you've answered wrong or something like this, the, these, these types of things, I, if I'm the person sending somebody an email, I'm telling them to do that or I'm sorry, an instant message telling them to do that. Um They, they just ignore me. Ok? There is like my, my wishes are, are not to be considered, um you know, I am not worthy of respect to be honest, I token or respect and I sure as hell don't tell anyone, uh you know what to do or even ask anyone of anything.

00:25:25 speaker_01: Ok. So, so it's like when respect is required, you know, due to social convention, I either don't get it at all. Ok? I get disrespected, I get no respect or I get I token uh respect. Um you know, but, but nobody wants to jump through my hoops.